



 **22%**  
HEALTH SCORE

## Beef With Oranges and Spices

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 teaspoon allspice
- 600 grams fat-trimmed beef flank steak cut into strips (hiffl steak)
- 500 milliliters beef bouillon from cube
- 0.5 teaspoon cumin
- 3 cloves garlic crushed
- 2 tablespoons olive oil
- 2 small cranberry-orange relish
- 1 tablespoon parsley chopped

- 1 teaspoon saffron threads
- 4 servings salt and pepper

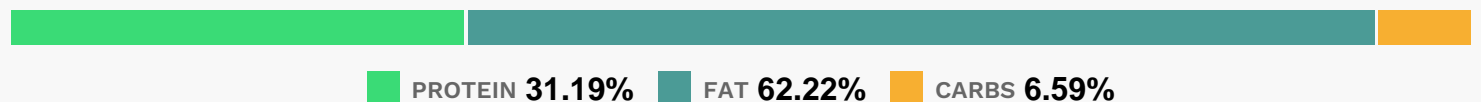
## Equipment

- dutch oven

## Directions

- Peel and slice one orange. Squeeze juice from the other orange and set aside.
- Heat olive oil in a casserole or Dutch oven.
- Add the diced meat and crushed garlic cloves. Saut until meat is nicely browned on all sides.
- Add orange pieces and drizzle with orange juice. Season with saffron, cumin, allspice, salt and pepper.
- Mix and cover. Reduce heat and simmer for 10 minutes.
- Pour 300ml of beef bouillon over meat and cover again. Simmer over low heat until meat is thoroughly cooked and tender (about 1 hour).
- Add remaining amount of bouillon during cooking so the meat does not dry.
- Sprinkle meat with chopped parsley.
- Serve immediately, with rice or couscous and a green salad.

## Nutrition Facts



## Properties

Glycemic Index:48.63, Glycemic Load:2.17, Inflammation Score:-5, Nutrition Score:18.611304347826%

## Flavonoids

Hesperetin: 13.08mg, Hesperetin: 13.08mg, Hesperetin: 13.08mg, Hesperetin: 13.08mg Naringenin: 7.35mg, Naringenin: 7.35mg, Naringenin: 7.35mg, Naringenin: 7.35mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Taste

Sweetness: 40.04%, Saltiness: 100%, Sourness: 44.75%, Bitterness: 25.51%, Savoriness: 60.85%, Fattiness: 58.51%, Spiciness: 0%

## **Nutrients (% of daily need)**

Calories: 410.7kcal (20.54%), Fat: 28.64g (44.07%), Saturated Fat: 10.56g (66.01%), Carbohydrates: 6.83g (2.28%), Net Carbohydrates: 5.52g (2.01%), Sugar: 4.52g (5.03%), Cholesterol: 91.5mg (30.5%), Sodium: 745.23mg (32.4%), Protein: 32.31g (64.62%), Selenium: 38.07µg (54.39%), Zinc: 7.78mg (51.87%), Vitamin B12: 2.58µg (42.98%), Vitamin B3: 8.52mg (42.58%), Vitamin C: 27.71mg (33.58%), Vitamin B6: 0.67mg (33.53%), Phosphorus: 244.82mg (24.48%), Vitamin B2: 0.41mg (24.05%), Vitamin K: 22.92µg (21.82%), Iron: 3.17mg (17.62%), Potassium: 579.54mg (16.56%), Vitamin B1: 0.18mg (12.23%), Magnesium: 41.22mg (10.31%), Copper: 0.15mg (7.53%), Vitamin E: 1.11mg (7.41%), Folate: 23.16µg (5.79%), Fiber: 1.31g (5.25%), Calcium: 46.96mg (4.7%), Vitamin A: 219.6IU (4.39%), Manganese: 0.09mg (4.36%), Vitamin B5: 0.16mg (1.63%)